

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

FEBRUARY 17, 2012



FRIDAY FACTS

Great American Spit Out Day Coming Soon!

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The Great American Spit Out is February 23 this year. This is an event made to raise awareness about the consequences of using smokeless tobacco. Tobacco use in the military population is higher than the general population. This use puts our population at a higher risk for tobacco related problems as well as reducing readiness and resilience. The Great American Spit Out invites those who use smokeless tobacco to quit for at least a day. As an activity in support of this event, several MTFs have set up booths with tables to provide information for those interested in pledging to quit spit for one day.

What are you planning on doing this year to promote the Great American Spit Out Day? Send your activity ideas to: SST@nehc.mar.med.navy.mil



New Resources on NMCPHC Wounded, Ill, and Injured Website

The NMCPHC Wounded, Ill, and Injured website now has a new section called "Health Behaviors Linked to Chronic Disease". This section focuses on the health behaviors that directly contribute to chronic illnesses. Providers and patients can find articles on diabetes, hypertension, asthma, obesity, obstructive pulmonary disease, cardiovascular disease and many other conditions of interest. These articles can be utilized as a quick fact check for patients who would like to get additional information on their condition. In addition, located under the "resource tab" are fact sheets, tips for diet and activity, steps to prevent or delay these conditions, meal planning, steps for sticking to your physical activity routine, asthma action plan, cholesterol reduction calculator tool, adherence to medication facts, and lifestyle intervention tips. This web link can be accessed at: http://www.nmcphe.med.navy.mil/WII/wii_chronic_diseases.aspx

Those who have been hurt, injured or are seriously ill are at increased risk for developing problems with acute and chronic pain which may disrupt normal daily living and functioning. There are many proven modalities for effectively managing pain and improving health and the quality of life. NMCPHC has created a webpage on the Wounded Ill and Injured website with resources to meet the needs of those individuals and families affected by pain. You'll find it at: http://www.nmcphe.med.navy.mil/WII/wii_pain_management.aspx

Patient Counseling Resource

A DVD/CD product that can support prevention counseling of members during the Periodic Health Assessment, can decrease risk behaviors among patients in disease management clinics, or can promote healthier lifestyle behaviors during any primary care encounter is available from the Navy and Marine Corps Public Health Center (NMCPHC) and the Visual Information Directorate at Navy Medicine Support Command (NMSC). This product is appropriate for all levels of providers who wish to learn how to effectively and efficiently implement a counseling process to get patients to adopt healthier lifestyle behaviors and to become more engaged in their personal healthcare. Free Online ordering is available at:

http://www-nmcphe.med.navy.mil/Healthy_Living/Resources_Products/pha_counselingdvd.aspx

Secondhand Smoke and Gum Disease

It's been clear for years that smokers have a higher risk of gum disease, but now there's research showing secondhand smoke can also increase the risk.



Researchers at the University of North Carolina-Chapel Hill, using data from another study that included 2,379 nonsmokers ages 53-74, have concluded that exposure to secondhand tobacco smoke for a few hours each day can double a person's risk of gum disease. People exposed to secondhand smoke less than 25 hours each week had a 29 percent increased chance and for those exposed more than 26 hours, the odds were twice as high.

The study appears in the December issue of the American Journal of Public Health.

In 2004, the U.S. Surgeon General concluded that the scientific evidence was sufficient to infer a casual relationship between tobacco and gum disease. In 2006, the Surgeon General stated there is no risk-free level of exposure to secondhand smoke.

The American Dental Association recommends regular checkups and periodontal exams. In addition to smoking, risk factors include tobacco chewing; systemic diseases such as diabetes; various medications such as steroids, cancer therapy drugs and oral contraceptives; bridges that no longer fit properly; crooked teeth; fillings that have become defective; and pregnancy, according to the ADA.

The ADA says warning signs include gums that bleed easily; red, swollen or tender gums; gums that have pulled away from the teeth; persistent bad breath or bad taste; permanent teeth that are loose or separating; changes in the way your teeth fit together when you bite; or any change in the fit of partial dentures.

For more information on periodontal disease, visit www.ada.org/3063.aspx.

Resource Updates from the Centers for Disease Control (CDC)

USDA Announces New Healthier School Meal Standards

On 25 January, the U.S. Department of Agriculture (USDA) issued new school meal nutrition standards that will improve the quality of school lunch and breakfast for children across the country. Nearly 32 million children eat lunch at school every day; more than 20 million of them are low-income children whose families are struggling to make ends meet. School meals are crucial to these children, and the new standards will go a long way to remedy nutritional shortfalls and help address the nation's obesity problem.



Offering school meals consistent with the U.S. Dietary Guidelines will provide much-needed fruits and vegetables, whole grains and low-fat milk options to low-income school children throughout America. School meals will now be consistent with the recommended calorie levels for children.

Based on the comment process, USDA has addressed in the final rule some of the practicality and cost issues, while striving for consistency with the Institute of Medicine's recommendations. The increased funding for the school lunch reimbursement (\$1.5 billion), combined with the savings from the other provisions of the Healthy, Hunger-Free Kids Act should help achieve this goal, encourage schools' compliance with the new rules, and encourage increased participation in school meals.

CDC's Vital Signs Programs Makes Call to Action Regarding Sodium Reduction

Each month the CDC's Vital Signs Program releases a call-to-action about an important public health topic that uses the latest available surveillance data. This month's topic is dietary sodium. Here are the links where you can find this information.



1. MMWR: <http://www.cdc.gov/mmwr/pdf/wk/mm61e0207.pdf>
<http://www.cdc.gov/mmwr/pdf/wk/mm61e0207.pdf>
2. FACT SHEET: <http://www.cdc.gov/VitalSigns/pdf/2012-02-vitalsigns.pdf>
3. PRESS RELEASE: http://www.cdc.gov/media/releases/2012/p0207_sodium_food.html
http://www.cdc.gov/media/releases/2012/p0207_sodium_food.html

The main messages of this Vital Signs issue are:

1. Good evidence indicates that excessive sodium in our diets can cause hypertension, a leading risk factor for stroke and heart disease.
2. Ten types of foods in our diet account for more than 40% of our sodium intake.
3. About 9 in 10 Americans are eating too much sodium. The daily maximum amounts are 2300 mg for some but 1500 mg for nearly 6 in 10 adults. Which number applies to you? Click the Fact Sheet link above to find out.
4. It is often difficult to prepare meals or eat out without exceeding the total daily recommended sodium limits. For help, see Pages 34-37 of this monograph: <http://health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf>

Position Vacancy Announcement with Semper Fit Program

SEMPER FIT AND EXCHANGE SERVICES DIVISION (MR)

Headquarters Marine Corps (HQMC)
Human Resources Support Branch (MRG), 3044 Catlin Avenue, Quantico, VA 22134-5099
FAX: (703) 432-0436
E-MAIL: hq.vacancies@usmc-mccs.org WEB SITE: www.usmc-mccs.org

ANNOUNCEMENT NUMBER: 24-12

Position: Health Promotion Program Manager
NF-1725-04

Open: 15 Feb 2012
Close: 14 Mar 2012

Location: Semper Fit and Exchange Services, (MR) HQMC
Semper Fit Branch (MRS)
3044 Catlin Ave
Quantico, VA 22134-5099